

# **Promoting Physical Activity in Child Care Settings**

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# Our little ones



# Background and Rationale

- Kentucky children are the 4<sup>th</sup> most overweight and obese in the country
- Nationally 26.2% of children 2-5 are obese
  - Kentucky's numbers are likely higher
- Troubling statistics that MUST be addressed

# Physical activity (PA)

- One strategy to combat obesity
- Physical activity has many other benefits as well
  - Decreased risk for heart disease
  - Decreased musculoskeletal issues
  - Improved mental health

# Terminology

**Physical Activity (PA):** Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure (USDHHS, 1996)

**Exercise:** Leisure time physical activity conducted with the intention of developing physical fitness

**Fitness:** A set of attributes that people have or achieve relating to their ability to perform physical activity (USDHHS, 1996)

# Physical Activity



Dance

Recreation

Exercise

Leisure Activities

Sports

Others

# **PA and children 0-5 years: Guidelines**

- Guidelines have been created by the National Association for Sport and Physical Activity (NASPE)
- Created by experts in physical education, motor development, and exercise science and reflect the physical activity needs of young children during the first years of life.

# Guidelines for Toddlers

**Guideline 1.** At least 30 minutes of structured physical activity each day.

**Guideline 2.** At least 60 minutes -- and up to several hours -- per day of unstructured physical activity and should not be sedentary for more than 60 minutes at a time, except when sleeping.

**Guideline 3.** Toddlers should be given ample opportunities to develop movement skills that will serve as the building blocks for future motor skillfulness and physical activity.

**Guideline 4.** Toddlers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.

**Guideline 5.** Those in charge of toddlers' well-being are responsible for understanding the importance of physical activity and promoting movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.



# Guidelines for Preschoolers

**Guideline 1.** At least 60 minutes of structured physical activity each day.

**Guideline 2.** At least 60 minutes -- and up to several hours -- of unstructured physical activity each day, and should not be sedentary for more than 60 minutes at a time, except when sleeping.

**Guideline 3.** Preschoolers should be encouraged to develop competence in fundamental motor skills that will serve as the building blocks for future motor skillfulness and physical activity.

**Guideline 4.** Preschoolers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.

**Guideline 5.** Caregivers and parents in charge of preschoolers' health and well-being are responsible for understanding the importance of physical activity and for promoting movement skills by providing opportunities for structured and unstructured physical activity.

# Our purpose

- The Kentucky Department of Public Health funded via the Recovery Act: Communities Putting Prevention to Work
- Focused on increasing PA of children 2-12 years old
- One strategy is to expand PA trainings funded by the National Governors Association
- Train the trainer model

# Current status

- Manual is being developed
- Trainings are being finalized
  - August 10<sup>th</sup> or 11th as a part of XXXXXXXX held at XXXXXX
  - October XX at XXXX

# Overview of the trainings and the manual

- Lecture and activity
- Background information
- Basic management strategies
- Incorporating physical activity
- Examples of developmentally appropriate activities
  - Large space
  - Small space

# Management

- Physically active children are easier to manage
- Effective management makes teaching fun
- Practice and patience
- Maximizes physical activity

# Basic Principles of Management

- Establish rules
- High expectations
- Specific positive feedback
- Have a plan
- Be prepared
- Have fun!

# Routines

- Freezing
- Retrieving
- Instruction
- Grouping

*Friggin' physical activity*

Let's Move!



# Teacher Behaviors

- Smile
- Energy
- Modeling
- Movement
- Instructing

*Teacher skill level is not important*

# Addressing misbehavior

- Privately, privately, privately
- Buy time
- Address the behavior not the child
- 1,2,3 system

# Integrating PA

- Themes
  - Music theme
  - Book theme
  - Movie theme
  - Beach party
  - Derby week
  - Olympics
  - Winter Wonderland

# Integrating PA

- Calendars
  - Can involve parents
  - Help organize activities

# Integrating PA

- Family/Home
  - Parent night
  - Events such as a dance
  - Educational information provided

# Integrating PA

- PA breaks
  - 5-10 minutes
  - May or may not complement content
  - Indoors or out
  - Simple

# Types of PA

- Locomotor skills
  - Walking, running, galloping, hopping
- Nonlocomotor skills
  - Balancing, rolling, bending, twisting
- Manipulative skills
  - Throwing, kicking, striking

# Sample Activities

- Large space
- Small space
- Using equipment



Your ideas